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MARINE CORPS RECRUIT DEPOT SAN DIEGO AND THE WESTERN RECRUITING REGION

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RTR, H&S change hands

Aviator takes Battalion controls; Smythe bids emotional farewell

BY CPL.
EDWARD R. GUEVARA JR.
Chevron staff

Col. Matthew Redfern took command of Headquarters and Service Battalion, Marine Corps Recruit Depot San Diego, from Col. Ana R. Smythe in a ceremony at Shepherd Memorial Drill Field July 22.

After two years as the battalion's commanding officer, Smythe joins the Director Naval Counsel of Personnel Boards, Headquarters Marine Corps, Arlington, Va.

As Smythe passed the battalion colors to Redfern, she tightly gripped the guidon in jest and refused to let go because she said she cherishes her Marines very much. After a long pause, she let go.

Redfern has served as a White House helicopter aircraft commander, as a flight officer,

and as the executive flight detachment quality assurance officer for the Presidential Helicopter Squadron.

In August 1998, Redfern assumed command of Marine Medium Helicopter Squadron 166 "Sea Elks", Marine Air Group 16, Marine Corps Air Station Miramar, Calif. During his command, he served as the Aviation Combat Element commander for the 15th Marine Expeditionary Unit, special operations capable, and deployed to the Western Pacific and Persian Gulf in January 2000 where his squadron participated in Operation Stabilize in East Timor and Operation Southern Watch in Kuwait. After relinquishing command in August 2000, he served as the executive officer for MAG-16.

In 2002, Redfern reported to the Chairman of Joint Chiefs

SEE **Battalion, pg. 2**



Col. Robert O. Sinclair passes the regimental colors to Sgt. Maj. Melvin L. Shepard, Recruit Training Regiment sergeant major, after assuming command from Col. Mark Callihan. Cpl. Jared M. Padula/Combat Camera

G-3 takes command of RTR

BY LANCE CPL.
DORIAN GARDNER
Chevron staff

Col. Mark Callihan relinquished command to Col. Robert O. Sinclair at Recruit Training Regiment's change of command ceremony at Shepherd Memorial Drill Field July 20.

Callihan served as RTR's commanding officer for two years and is now serving as the MCRD San Diego and Western Recruiting Region chief of staff.

Sinclair returns to RTR after serving as one of 3rd Battalion's series commanders from July 1987 to September 1988.

After that tour, Sinclair served at Marine Corps Base Camp Pendleton, Calif., as the ex-

ecutive officer at the School of Infantry.

After he graduated high school in 1979, Sinclair enlisted in the Marine Reserves. Four years later, he earned his degree from Western Washington University, and soon after, he attended The Basic School and the Infantry Officer Course.

Sinclair's awards include the Bronze Star, two Meritorious Service Medal, the Joint Service Commendation Medal, the Navy and Marine Corps Commendation Medal, Navy and Marine Corps Achievement Medal, Combat Action Ribbon, the Army Achievement Medal, the Armed Forces Expeditionary Medal and the Sea Service Deployment Ribbon.

Sinclair is husband to the former Jessica S. Mason. They have two sons, Seth and Lucas.



Col. Ana R. Smythe presents the Headquarters and Service Battalion colors to Col. Matthew Redfern at the battalion's change of command ceremony July 22. Cpl. John Cosentino/Combat Camera



RECRUIT SPOTLIGHT

TOO FAT FOR THE AIR FORCE

Overweight applicant not too big a challenge for Marines.

7



FLAG FOOTBALL

Regular season ends.

8

BRIEFS

Depot varsity soccer

The depot varsity soccer team seeks players for the Marine Corps' West Coast Regional Championship Oct. 11-16.

In preparation for the championship, players must be able to participate in the Coronado League, starting Aug. 16. A team meeting is scheduled for 11:30 p.m. Tuesday at Hall Field, the depot's soccer field. For more information, contact coach Gunnery Sgt. F. O. Sosa at (619) 524-6697.

Are you married or engaged to a Marine?

The L.I.N.K.S. program will hold its next session for anyone engaged or married to a Marine July 30.

The meeting is to learn about the lifestyle of the Marine Corps family and to help gain insights from experienced Marine spouses.

Enjoy networking within your Marine Corps family and become empowered with knowledge about services and benefits available. Learn the skills that will help you to flourish in your new lifestyle.

Free childcare – with reservations – is available and refreshments are provided. For more information or to sign up, contact Natalie Francisco at 619-524-0916.

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Curb conflict, anger, stress

The Family Advocacy Program's prevention and education department is offering separate classes to curb conflict, anger and stress this summer at the Family Service Center in Bldg. 14 West. Participants must register. For more information, call (619) 524-1200 or 524-0465.

- A one-hour **conflict resolution** class Aug. 2 at 1 p.m. will teach how to maintain self-respect and improve character at home and at work.
- A one-hour **stress management** class, Aug. 9 at 1 p.m. will teach how to reverse burnout by evoking relaxation.
- A four-part **anger management** class Aug. 2, 9, 16 and 23, from 2:30 p.m. to 4 p.m. will teach basic techniques on self-control and expression.

SEND BRIEFS TO:
jess.levens@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

Battalion, from pg. 1

of Staff and served as the chief, Strategy and Plans Branch, Forces Division, Force Structure, Resources, and Assessment Directorate, the Joint Staff, The Pentagon, Washington, D.C. Completing his joint tour, Redfern assumed the duties as the program manager for the Coherent Analytical Computing Environment at the Marine Corps Systems Command from July 2004 to June 2005.

The Marion, Ohio, native earned his commission in 1981, after completing Platoon Leaders Course and earned his bachelor's degree at Ohio University. He more recently earned a master's degree in strategic studies from the U.S. Army War College in June 2002.

Redfern has accumulated more than 4,800 flight hours in military aircraft and his decorations include the Defense Meritorious Service Medal, two Meritorious Service Medals, and two Navy and Marine Corps Commendation Medals.

2/4 donates artwork, Medal of Honor signatures

MCRD San Diego Public Affairs

Representatives from one of the Marine Corps' most decorated battalions bestowed to the depot a limited painting reproduction signed by more than 30 Medal of Honor recipients at James L. Day Hall July 15.

Second Battalion, 4th Marines Association veterans presented one of three prints to depot commanding general Brig. Gen. John M. Paxton Jr., who once served with 2/4.

Medal of Honor recipient Robert E. O'Malley's wife, Lily, created the artwork, which displays images of World War II, Vietnam and Korea. The print will hang at the command museum. The other two prints are gifts for Marine Corps Recruit Depot Parris Island, S.C., and Headquarters Marine Corps, Washington, D.C.

Retired Maj. Gen. James E. Livingston - who received the Medal of Honor for actions in 1968 as a captain leading a company in Vietnam - opened with a brief oral history on the battalion.

The Marine Corps's 26th Commandant, Gen. Louis H. Wilson Jr., also signed the print before he passed away June 21. Gen. Wilson received the Medal of Honor for actions in Guam, 1944.

Brig. Gen. Paxton told the association members he felt great to be back with the "Magnificent Bastards" of 2/4, and he assured them, "We will find a place of honor to hang this."

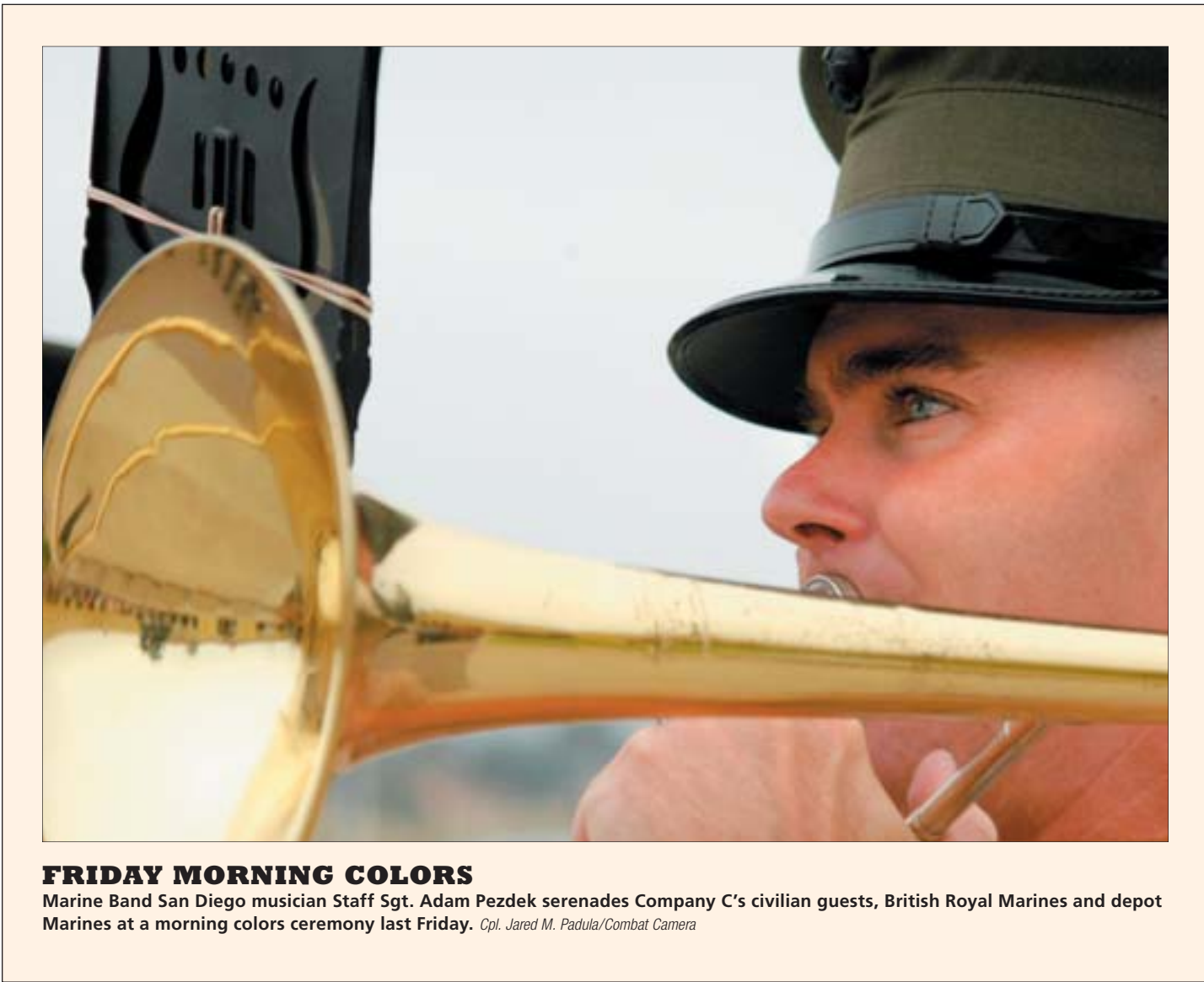
According to association officials, Lt. Col. Joseph R. "Bull" Fisher coined the moniker "Magnificent Bastards" in June 1964 at Kaneohe Bay, Hawaii, as he assumed command and addressed the battalion.

The battalion has been deactivated, reactivated and moved around different regiments.

The long and illustrious history of 2/4 began in 1914 during World War I when it was activated as one of the three battalions of the Fourth Marine Regiment.

From WWI to Operation Iraqi Freedom, the battalion's lineage spans events from major conflicts to expeditionary duty in many nations, to include Mexico, the Dominican Republic, China, Korea, Philippines and Vietnam.

No other battalion has served in both the 5th and 6th Marine Regiments, which rate wearing the French Fourragere earned during the Battle of Belleau Wood in France, WWI.



FRIDAY MORNING COLORS
Marine Band San Diego musician Staff Sgt. Adam Pezdek serenades Company C's civilian guests, British Royal Marines and depot Marines at a morning colors ceremony last Friday. Cpl. Jared M. Padula/Combat Camera

Marines, families score in L.A.

BY LANCE CPL. DORIAN GARDNER
Chevron staff

More than 500 Marines from Camp Pendleton, Calif., Naval Medical Center San Diego and Marine Corps Recruit Depot San Diego occupied the stands at Angels Stadium to watch the L.A. Angels play the Oakland Athletics July 19.

The Marines received free tickets to the game from a few military associations and the Taco Bell Corporation.

Civilians as well as Marines benefited from these organizations. The 9/11 Foundation gave tickets to Marine families as well. According to Marvin Winters, the 9/11 Foundation gives aid to spouses who lose their loved ones in the military.

"More than 80 spouses are assisted," said Winters. "We take care of active duty members as well as spouses."

Originally, 300 tickets were allotted, but Mark Cook, a Taco Bell executive, arranged for more.

Lt. Col. Kevin Shea was killed in combat during an operation in Fallujah. Kevin left behind a wife and two children. Winters, who arranged tickets for the spouses, made sure that Shea family was taken care of. Shea's son, Michael, threw the opening pitch and left the game with some Angels goodies.

"You know (Michael) loved it," said Lance Cpl. Daniel P. Thompson. "A little kids dream came true – definitely a good thing to see happen."

The Angels lost by two runs, and the Marines said they enjoyed the fellowship as much as the game.

"It was great just driving up there," said Thompson. "We got a chance to eat some nasty ball park food and sit back and watch the game with other Marines."



Cpl. Jason D. Gahan, left, and Sgt. Shannon D. Dondle watch the L. A. Angels bat. Nearly 500 Marines attended the pro baseball game in which the Oakland Athletics beat the Angels 3-1. Lance Cpl. Dorian Gardner/Chevron

Complacency withers marriages

BY SGT. LUIS R. AGOSTINI
Contributing writer

Who'd ever think that you actually have to work to keep and maintain a happy, healthy marriage? Weren't the dozens of flowers, dinners, movies, dating and endless chasing at the beginning of your relationship enough? The ring you're still paying for should be enough to cash in on your investment, right?

And on top of that, after coming back from a grueling, dangerous deployment to Iraq or Afghanistan, you should re-assume your rightful position on the leather reclining throne as the king of the house, shouldn't you?

The answer to those rhetorical questions is a big, emphatic "no."

I'm not a marriage counselor, nor have I ever attended any counseling.

However, I'm still learning from simple mistakes made over the course of the nearly four years that I've been married, and I've learned a few things here and there. One of the biggest relationship roadblocks I've seen, heard and experienced is complacency.

Just as a Marine wouldn't neglect his primary weapon by allowing it to rust, neither should he allow his marriage to wither.

Complacency kills, both on the battlefield and at home. Once you allow your relationship to glide into "cruise control," you may very well be speeding into a marital wreck.

Claiming the role as "bread-winner" isn't enough. You pay all of the bills? So what. As much as Marines are encouraged to look at the big picture, the devil is in the details, even in a marriage.

Small things count, like an "I just called to say I love you" in the middle of the day. Instead of going to chow at Wendy's at 11:30 a.m. with your buddies, arrange a lunch date. Pick up your stuff around the house before she "nags" you. Offer to watch the kids while she goes to the mall with her girlfriends. Bottom line, take a proactive approach in making your wife - or husband - feel special and appreciated, rather than waiting for the complaints to roll in.

I know, I know. We, as Marines and sailors, feel that since we carry the lion's share of the responsibilities - namely work, finance and for many of us, deployments - we've earned the right to come home, kick back and veg out in front of the television while your significant other tends to your demands - a massage, the remote or a cold one upon request.

But just take a second and think about all of the things you really don't think about. The cooking, the cleaning, the child care, all of the little favors that you call home in the middle of the day and ask for with little notice - if you don't acknowledge and appreciate all of the little things, the favors slowly fade away.

If it's reached the point where conversations rarely occur and only out of necessity, put your ego aside and ask for help. There are plenty of resources available on and off base for Marines and their families, including counseling and retreat programs, such as the Chaplains Religious Enrichment Development Operation or CREDO.

Hey, if worse comes to worse, talk to one of your old, salty staff NCOs. Trust me, you wouldn't be the first one to experience this.

Bottom line - a Marine cannot claim to have reached mission readiness without family readiness, and a happy, healthy, supportive home is its foundation.

Agostini is a combat correspondent at Marine Corps Base Camp Pendleton, Calif.

LEGAL CORNER

Service Members Civil Relief Act: Good and bad news for military

BY CAPT. PATRICK CALLAHAN
Contributing writer

When it comes to a lawsuit, the Service Members Civil Relief Act is both good news and bad news for service members. The good news is the statute of limitation is tolled for service members while they are on active duty. The bad news is the statute of limitations is also tolled against service members while they are on active duty.

After an act or omission occurs that gives rise to a lawsuit, a person has a certain limited period of time to bring that lawsuit, called a statute of limitation. If the lawsuit is not brought within that time period, that lawsuit is barred or disallowed. How long the statute of limitations is depends on what state you are suing in and what you are suing over. Usually, the statute of limitations is going to be between 1 and 5 years.

Certain things stop the clock, or toll. Common things tolling the statute of limitations are infancy (being under the age of majority- usually 18 but 21 in some states) and legal incompetence. Under the SCRA, being in the military also tolls the statute of limitations.

Thus, under the SCRA, for purposes of the statute of limitations, a lawsuit can be brought after any amount of time if the act or omission giving rise to the lawsuit occurred while the person was in the military and they are still in the military. For instance, for purposes of the statute of limitations, if a person has been in the military for 25 years he could sue or be sued over something that happened 20 years ago. This makes it especially important for service members to keep all of their paperwork no matter how old it is. It is quite a hassle, but it could easily turn out to be worth it.

There are several other time related factors that can bar bringing a lawsuit that the SCRA does not address, so just because the statute of limitations has not run does not mean a lawsuit can automatically be brought over something that happened decades ago. One is called a statute of repose. A statute of repose is a final cut-off date for bringing a lawsuit. It says that even if the statute of limitation has been tolled, a lawsuit must be brought with in a certain period of time or be forever barred. They are usually between 10-20 years, and not all states have them, and other states only have them for some claims.

The other two are the equitable doctrines of laches and equitable estoppel. Laches is a legal doctrine that requires a party to be diligent in asserting their rights. If a party negligently fails to assert its rights for a long period of time the court can bar the lawsuit.

Equitable estoppel is a legal doctrine that does not allow a party to take a different legal position in a lawsuit than one that it took earlier if it is an unfair detriment to another party. In some of the Southern states that still have Chancery Courts that only hear matters in equity it can be pleaded very similarly to laches. One can argue that by not bringing the claim for so long the party had tacitly taken the possession that he did not have a claim and that the opposing part had relied on that tacit representation. Thus the party should not be allowed to now bring a lawsuit claiming that he does in fact have a claim.

For instance, if a service member rented a house 3 years ago and did not get back his security deposit and just now found out that he was entitled to get it back even if the statute of limitations for such a suit in his particular state is 2 years, he should still go and see a legal assistance attorney because there is a good chance that he can still recover his money.

Callahan is the officer in charge at Marine Corps Recruit Depot San Diego's legal assistance office.

CHEVRON

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FORCES AT BAT

Marines oust Navy 6-3 in annual all-star game



Petty Officer 3rd Class Lucas Ledbetter, from Columbia, La., pitches to Marine batters. U.S. Navy photo by Petty Officer 3rd Class Jo A. Wilbourn Sims

BY NAVY PETTY OFFICER 2ND CLASS

MEGAN T. FIGULY

Contributing writer

The Navy and Marine Corps baseball teams battled at Petco Park July 17 for the 16th Annual Navy-Marine Corps All-Star Baseball Game. The Marines won 6-3.

According to Lt. Cmdr. Terrence R. Allvord, general manager, U.S. Navy Baseball, the crowd of 4,500 was the largest for the all-star game at Petco Park.

"It's tough to watch two baseball games in a row on a Sunday night. That just shows you how dedicated our fans are. We're very appreciative for that and hope they keep coming back year after year," said Allvord.

The series started in 1989 but did not have a permanent home until it was moved to the then San Diego Padres' home, Jack Murphy Stadium, in 1996 through the work of the U.S. Navy Baseball Club and San Diego Padres military coordinator Jack Ensich, who wanted to reach out to the military community. The event was moved last year with the opening of Petco Park. The game followed the Padres playing against the Arizona Diamondbacks.

"We have an extremely talented team," said Allvord. "However, the Marines have shown us the fight they have in them each and every year. We respect them on and off the field a great deal."

Although the Navy team lost, players said the opportunity to play in the Major League stadium was amazing.

"It is a dream come true," said outfielder Petty Officer 1st Class Aldrin Rosario. "Nothing quite beats the feeling of walking out on the field with all the families and baseball fans sitting in the stadium."

Pitcher Petty Officer 3rd Class Lucas Ledbetter said it was an honor for him to be at Petco Park.

"I am sitting in a major-league dugout using all the same equipment the professionals do," said Ledbetter. "Being in this stadium is a privilege."

According to Marine Corps pitcher Larry Drake, it was exciting to win in the Major League stadium.

"We had a tough season, but came together when we needed to," said Drake. "I've never played with a more talented group. Both the Navy and Marine Corps played well, but you shouldn't underestimate the underdog."

The series is now tied with Navy and Marine Corps teams winning eight games each, and according to outfielder Petty Officer 2nd Class Elton Shaw, the loss makes the competition fiercer.

"There's always a rivalry between the services," said Shaw. "We are lucky because we get the chance to play out the rivalry on the field."

'I am sitting in a major-league dugout using all the same equipment the professionals do. Being in this stadium is a privilege.'

— Petty Officer 3rd Class Lucas Ledbetter



Petty Officer 3rd Class Joe Ortiz runs home for one of Navy's three runs at Petco Park July 17. U.S. Navy photo by Petty Officer 3rd Class Jo A. Wilbourn Sims



Petty Officer 2nd Class Elton Shaw and Sgt. Joshua Stueve, exchange batting tips between innings at the first annual Tri-Team game. U.S. Navy Photo by Petty Officer 1st Class Gloria J. Barry

Tri-service play bonds branches, honors tradition

BY NAVY PETTY OFFICER 2ND CLASS

MEGAN FIGULY

Contributing writer



Navy scores one of its four runs in the game. The Marines won with eight runs. U.S. Navy Photo by Petty Officer 1st Class Gloria J. Barry

Sailors, Marines and airmen participated in the first Harvey Simmons Tri-Team Game July 7 at Dr. Carroll B. Land Stadium, Point Loma Nazarene University. Marine Corps won the game with eight runs. Navy scored four and Air Force scored once.

The game between the Navy, Marine Corps and Air Force baseball teams was modeled after games played by Major League Baseball during World War II to help raise support for war bonds. The event was named after Simmons, former general manager of U.S. Navy baseball, who died September 2004.

"The game is a tribute to Harvey Simmons.

It was our chance to recognize him on the field and with his family," said Lt. Cmdr. Terrence R. Allvord, General Manager, U.S. Navy Baseball. "We also wanted to establish an annual event that would help raise money for his daughter Reiko's education over the next 10 years."

Members of the Navy team said they were grateful for the chance to honor their former manager.

"Losing Simmons was terrible," said second baseman Petty Officer 2nd Class Ray Judy. "He was really instrumental in making the Navy baseball program what it is today. This game was for him."

The three teams rotated between batting, fielding and observing after each half inning, keeping the standard nine innings. Players said they were privileged to participate in the different game format.

"It was an honor to be a part of this game," said center fielder Marine Corps Sgt. Joshua Stueve. "To be a part of something that has ties

to World War II is great. It was a little challenging to see a new pitcher every time I went up to bat, but I got used to it."

Allvord said the game was an opportunity for the public to see what military baseball is about.

"These events give us the best chance to promote support for our armed forces at the tip of the spear," said Allvord. "I think if military baseball is used correctly and supported by all services, we can be a powerful force in supporting our troops and recruiting for all services all over the United States."

Though the teams also play non-military teams throughout the season, the players said they look forward to the chance to play other military teams.

"Any time you can play baseball with other military branches is great. We get the chance to play out the inter-military rivalries on the field," said right fielder Air Force Staff Sgt. Eric Tacker. "I also think it's fitting that we serve America while playing an American game."

FOX COMPANY



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PVT. N. D. RUMPLE

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Sgt. Major T. T. Hoskins
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Staff Sgt. D. A. Headrick

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Company Corporal
Petty Officer 3rd Class O. M. Santos

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Capt. M. Murray
Series Gunnery Sergeant
Gunnery Sgt. J. L. Kappen

SERIES 2093
Senior Drill Instructor
1st Lt. J. L. Lorenzo
Series Gunnery Sergeant
Staff Sgt. A. Zamora

PLATOON 2089
Senior Drill Instructor
Staff Sgt. A. J. McDermott
Drill Instructors
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Staff Sgt. J. Terro
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PLATOON 2090
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Drill Instructors
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Pfc. M. D. Cadice
Pfc. D. D. Calderon
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Pvt. J. J. Demara
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Pvt. E. V. Gonzalez
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Pfc. N. C. Griffith
*Pfc. J. O. Guerra
Pvt. A. L. Hartzheim
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Pvt. D. K. Hinson
Pfc. M. L. Jones
Pvt. D. I. Lewis
Pvt. L. A. Rossado
Pfc. Z. T. Thomas
Pvt. J. W. Wade

PLATOON 2091
Senior Drill Instructor
Sgt. R. W. Cardon
Drill Instructors
Sgt. A. C. Bueno
Sgt. J. A. Espinoza



PLATOON 2091
COMPANY HONOR MAN
Lance Cpl. S. H. Lopezromo
Pomona, Calif.
Recruited by
Staff Sgt. J. DelGado



PLATOON 2095
SERIES HONOR MAN
Pfc. D. D. Robinson
Des Moines, Iowa
Recruited by
Staff Sgt. S. K. Chastain



PLATOON 2089
PLATOON HONOR MAN
Pfc. C. S. Hammock
Houston
Recruited by
Sgt. J. Salinas



PLATOON 2090
PLATOON HONOR MAN
Pfc. T. Bailey
Dallas
Recruited by
Staff Sgt. A. Alverado



PLATOON 2093
PLATOON HONOR MAN
Pfc. J. D. Smith
Dallas
Recruited by
Staff Sgt. S. L. Clave



PLATOON 2094
PLATOON HONOR MAN
Pfc. T. S. Williams
Dallas
Recruited by
Staff Sgt. A. C. Boyd



PLATOON 2093
HIGHEST PFT (300)
Pfc. J. D. Smith
Dallas
Recruited by
Staff Sgt. S. L. Clave



PLATOON 2093
HIGH SHOOTER (233)
Pfc. J. D. Smith
Dallas
Marksmanship Instructor
Sgt. T. Segurio

Pfc. A. R. Alverson
Pvt. N. T. Asch
Pvt. C. S. Benedict
Pvt. J. T. Bias
Pvt. J. K. Burgess
Pvt. W. A. Burrow
Pvt. R. B. Caldwell
Pvt. M. J. Donato
*Pfc. S. W. Emans
Pvt. A. C. Fellows
Pvt. N. W. Fitzanko
Pvt. J. G. Garcia
Pvt. O. A. Garciamartinez
Pvt. A. J. Gentle
*Pfc. T. L. Green
Pvt. E. M. Gustafson
Pvt. D. J. Hobson
Pvt. D. J. Horst
Pvt. K. A. Humphreys
Pvt. J. C. Iadarola
Pvt. R. C. James
Pvt. J. J. Jodka
Pvt. J. A. Johnson
Pvt. L. C. Johnson
Pvt. K. D. Jones
Pvt. J. S. Jordan
Pvt. J. J. Lee
*Lance Cpl. S. H. Lopezromo
Pvt. G. J. Martinez Jr.
Pvt. T. J. McClenny
Pvt. R. D. McCowan
Pvt. C. L. McCoy
Pvt. J. R. Mendoza
Pvt. D. T. Morris
Pvt. M. W. Olsen
Pvt. M. P. Ryan
Pvt. J. J. Sand
Pvt. D. L. Schmidt
Pvt. N. D. Stuckey

Pfc. A. C. Taylor
Pvt. W. M. Trull
Pvt. R. A. Tucker
Pvt. N. T. Turner
Pvt. T. R. Vale
Pvt. A. P. Young

PLATOON 2093
Senior Drill Instructor
Staff Sgt. J. B. Noel
Drill Instructors
Staff Sgt. K. R. Warren
Sgt. J. A. Rivas

Pvt. R. C. Belkofer
Pvt. J. A. Caddell
Pvt. A. V. Cherski
*Pfc. B. P. Dawson
Pvt. J. D. Delbosque
*Pfc. D. J. Deussenberry
Pvt. B. S. Ellenson
Pvt. O. D. Galvan
Pvt. J. S. Handegan
Pvt. A. G. Johnson
*Pvt. K. D. Jones
Pfc. N. A. Kaess
Pfc. D. Y. Kim
Pvt. S. W. Laffleur
Pvt. T. D. Lam
Pfc. A. J. Landreth
Pvt. M. J. Lapinska
Pfc. S. L. Limon
Pfc. C. A. Malan
Pvt. J. A. Martinezcordero
Pvt. N. A. Masters
Pvt. K. R. McKee
Pvt. K. M. Mezack
Pfc. M. D. Mills
Pvt. X. I. Mirandazapata

Pvt. L. J. Molano Jr.
Pfc. D. P. Montemayor
Pvt. J. D. Moore
Pvt. M. K. Munaf
Pvt. A. Navarro
Pfc. J. C. Navarro
Pvt. K. A. Newell
Pvt. D. Nollola
Pvt. E. Noriega
Pvt. S. E. Ocana
Pvt. O. L. Orozco
Pfc. S. G. Perenic
Pvt. B. E. Plunk
Pvt. R. A. Salinas
*Pfc. D. J. Shannon
Pfc. J. D. Smith
Pvt. L. A. Taylor
Pfc. R. Yazzie
Pvt. M. K. Yocum

PLATOON 2094
Senior Drill Instructor
Staff Sgt. S. T. Vu
Drill Instructors
Gunnery Sgt. M. Hawkins
Staff Sgt. P. A. Valdez
Sgt. S. P. Engs

Pvt. K. J. Allen
Pfc. S. Ball
Pfc. J. L. Dubois
Pvt. C. T. Favoright
Pvt. R. K. Harrison
Pvt. J. M. Helm
Pvt. A. Z. Hicks
*Pfc. G. C. Hillman
Pfc. M. R. Hirose
Pfc. A. L. James

Pvt. B. E. Jepson
Pvt. A. B. Johnson
Pvt. Z. D. Jones
*Pfc. M. A. Lopez
Pvt. D. P. Peterson
Pvt. B. C. Phillips
Pfc. M. J. Pilon
Pfc. W. J. McSweeney
Pvt. D. J. Ramirez
Pfc. A. C. Reagan
Pvt. C. A. Reck
Pfc. S. P. Redmond
Pfc. C. L. Reynolds
Pfc. E. Rios
Pvt. F. Rojas Jr.
Pfc. J. M. Romeromez
Pvt. D. J. Rossi
Pfc. K. W. Swartz
Pvt. D. R. Sadler
Pvt. A. D. Seaman
Pfc. K. R. Smith
Pvt. R. T. Smith
Pvt. G. Stein
Pfc. S. T. Stockton
*Pfc. J. D. Tharpe
Pvt. B. J. Tollensdorf
Pvt. J. L. Torres
Pvt. A. Uresti Jr.
Pfc. N. L. Volansky
Pfc. D. R. Walt
Pvt. R. R. Ward
Pvt. J. P. Webb
Pfc. T. S. Williams
Pvt. J. C. Wojtek
Pvt. H. M. Yearby

PLATOON 2095
Senior Drill Instructor
Staff Sgt. D. R. Neel
Drill Instructors
Staff Sgt. E. Khanthasa
Sgt. S. Huerta
Sgt. J. E. Baker

Pfc. P. C. Fields
Pvt. D. R. Gramse
Pvt. B. L. Griffin
Pvt. K. K. Jorgensen
Pvt. P. M. Kelley
Pvt. J. L. Kinney
Pvt. S. C. Klein
Pvt. K. E. Krull
Pvt. H. Lainezandoval
Pvt. D. P. Lalla
Pvt. J. L. Lassley
Pvt. J. Leyva
Pvt. C. L. Lollar
*Pfc. C. J. Mathews
Pvt. D. A. Mauzey
Pvt. B. A. McDonald
Pvt. N. S. Moreno
Pfc. C. R. Nalepa
Pvt. M. L. Nguyen
Pvt. J. C. Nielsen
Pvt. J. J. Novotny III
Pvt. G. G. Oberlund
*Pfc. D. O'Neill
Pvt. R. A. Page
Pvt. M. B. Partee
Pvt. J. J. Patrick
Pvt. T. A. Peoples
*Pfc. D. D. Robinson
Pvt. N. D. Rumble
Pvt. D. Sanchez
Pvt. J. A. Sandoval Jr.
Pvt. D. L. Sanniguel
Pvt. K. R. Scott
Pvt. J. S. Silva
Pvt. T. P. Sirota
*Pfc. M. Sosa
Pvt. J. L. Stewart III
Pvt. D. Q. Ta
Pvt. T. N. Tate
Pvt. L. B. Teran
Pvt. D. J. Thompson
Pvt. D. N. Tiberi
Pvt. B. O. Valencia
Pfc. B. J. Weaver

*Meritorious promotion

RECRUIT SPOTLIGHT

WORTH THE WEIGHT

Company F Marine loses 75 pounds with strict diet, discipline



Pvt. Brook C. Phillips, Platoon 2094, Company F, dropped 75 pounds with the help of his recruiter and drill instructors. Cpl. Edward R. Guevara Jr./Chevron

BY CPL. EDWARD R. GUEVARA JR.
Chevron staff

‘Why should those men be dying in the desert, while I’m on my couch eating ice cream?’ 24-year-old Brook C. Phillips asked himself.

Phillips lost 75 pounds between the first day he walked into his recruiter’s office and his last week at boot camp. He graduates today as a new Marine with Platoon 2094, Company F.

The 245-pound California native walked into the recruiter’s office looking for a challenge. He found one.

Other armed services recruiters told him he was too fat and would not help him, but when he walked into the doors of Recruiting Substation San Mateo, Staff Sgt. Jason Walker invited him to the gym that night and Phillips accepted.

“I quit smoking that night and changed my diet,” Phillips said. He jogged and stayed on his diet until he lost five pounds. A return visit to the recruiter confirmed his commitment to enlisting in the Corps.

“The sergeant got me a membership at the gym and motivated me to work-out every night,” said Phillips.

After two months, Phillips lost 20 pounds and could run a mile and a half in 12 minutes. “Before that, I couldn’t run a quarter mile without stopping,” he said. He enlisted as a satellite communications Marine.

When he finally arrived on the depot, Phillips required an overweight waiver, which was granted when he passed an initial strength test.

According to his senior drill instructor Staff Sgt. Scott T. Vu, Phillips

went on a special diet for overweight recruits.

“I weigh my (diet) recruits every weekend,” Vu said, who charts weight loss progress. “He reached his target weight of 195 (pounds), three weeks into training.”

Phillips reached standards, went off the diet program, but maintained his own diet. He lost more weight at a rate higher than others in his platoon, according to his drill instructors. He maintained his discipline, and never cheated.

Phillips now weighs 170 pounds.

“It was not so much the (physical training) as the consistency of the diet,” said Phillips. He also attributes his weight loss to constantly moving throughout the day from before dawn to after dark, and to the incentive training from the drill instructors. The drill instructors challenged him mentally, making him put forth more intensity than he thought he could for an undefined amount of time.

Phillips also faced mental hardship during the field phase of training.

“The Crucible was the hardest part,” he said. “I missed the birth of my daughter and my 25th birthday.”

Despite the challenges, Phillips found joy in achieving his goals.

“The fun part was losing all the weight,” said Phillips. “It made me feel better about myself.”

“Shooting was awesome. I went from never shooting to hitting a target at 500 yards. It’s an incredible feeling. I scored 217, sharpshooter.”

After completing boot camp, he has learned that many physical boundaries can be overcome by mental strength.

“Pain and fatigue go away,” he said. “You come here thinking you know your limits. They are actually way beyond what you thought.”



Platoon 2091, Company F, senior drill instructor Sgt. Randy W. Cardon marches his men through a final drill competition. Pfc. Charlie Chavez/Chevron



Petty Officer 2nd Class Mark Maldonado attempts to break through CPAC's defense in the final game of the Commanding General's Cup flag football season. CPAC defeated Coast Guard 34-0. Playoffs begin next week. *Lance Cpl. Dorian Gardner/Chevron*

Flag football sprints into playoffs

BY LANCE CPL. DORIAN GARDNER
Chevron staff

The regular season of Commanding General's Cup football ended Tuesday as the participating teams came together to compete for top play-off spots.

Marines, Coast Guardsmen and sailors around the depot played from 9:30 a.m. to 3:30 p.m. to see where they stood against each other for the playoffs.

In the first game, Recruit Training Regiment clashed with 12th Marine Corps District. According to District's Sgt. Stephen L. Standifird, his team was just trying not to lose too badly, but District didn't try hard enough. RTR left the field with a 38-0 victory.

Dental faced G-3 in the following game. Lance Cpl. Jason L. Johnson gave Dental's defense problems with his quick cuts and break-a-way's. G-3 defeated Dental 14 to 7.

After a 38-0 win, RTR was ready for another shutout. Consolidated Personnel Administration Center eliminated that possibility after Cpl. Kyle Ochoa scored on first play of the

game. Stuck at 8, CPAC had trouble breaking through the defense to get bigger numbers on the board. Penalties in the red zone and RTR's gruesome defense kept CPAC at eight points.

"After the half, the team just deflated," said CPAC's Lance Cpl. Jeffrey R. Peterson. "We needed plays."

RTR's organization on the field made it easier for their quarterback to find open players. The undefeated team had no worries about defeating "who ever showed up," according to Gunnery Sgt. Christopher T. Balcazar.

"We give them hope, and then we take it away," said 1st Sgt. Dathan Edwards, RTR quarterback.

Dental's second game had a different turnout than the first when it defeated Coast Guard 18-6. Navy Seaman Traziel A. Jones stomped through the Coast Guard defense to lead his team the victory.

In later action, G-3 squeaked by Maritime Safety and Security Team with a 13-12 victory, and in the final game, CPAC blanked Coast Guard 34-0.

The play-off tournament is next Tuesday at 9:30 a.m.

FINAL WEEK

| | |
|------------------------------------|------|
| RTR District | 380 |
| G-3 (H&S) Dental | 147 |
| RTR CPAC (H&S) | 228 |
| Dental PACTACLET (Coast Guard) | 186 |
| G-3 (H&S) MSST (Coast Guard) | 1312 |
| CPAC (H&S) PACTACLET (Coast Guard) | 340 |